

Tips On Writing A Birth Plan

The purpose of a birth plan is to communicate your desires and preferences in labor and birth to birthing staff who may be unfamiliar with you.

With this goal, it is important to keep these things in mind:

We are all human.

No one is capable of memorizing a nine page birth plan.

*Nurses **want** to help.*

Warm comments generate warm responses.

Following is a generic birth plan that very warmly greets the reader and gives them a standard to live up to, simply keeps interventions from occurring, by requiring express consent prior to ANY procedure, and it includes a couple of personal requests that are special to the family, minimizing intimidating memorization for the reader (short, sweet, to the point). Additionally, the desire for natural family friendly birth is suggested in the greeting, so it doesn't appear to be a 'command', but will be picked up as an expectation. Finally, the closing comment and names of family members remind staff who the birth will have a lifetime impact on, encouraging a healthy respect for the intimacy of childbirth and family.

Smith Family Birth Plan

After extensive research, our family has chosen The Family Birth Center because of the low cesarean rate, and the reputation for being family friendly and proactive in natural childbirth. We are very excited to finally get to meet the staff and enjoy the warm and welcoming atmosphere as we work together to have a healthy natural birth. The following are a few specific requests we have that are very important to us:

- Our desire is for our family to enjoy a healthy natural birth, and that each of our children get to play an important role on their sister's birthday.
- We are aware of our pain relief options and Sandy (Mom) requests that medication not be mentioned to her during labor, as we will be able to ask if we need any.
- Please do not attempt to perform any procedure or treatment on Sandy or our baby, or attempt to reposition Sandy without having first received our clear consent.
- Please do not ask Sandy questions during contractions.

- Our 4 year old son Jacob, would like to cut the cord.

Thank you so much for taking the time to read this. We are happy to share this wonderful event with you.

The Smith Family

Mike, Sandy, Emily, Jacob, and Baby Elaina